

Good Gelatine and Real Coffee---Made In a Minute

By Anne Lewis Pierce and Anna Stanley, Tribune Institute



WE AMERICANS have a way with desserts that is all our own. It is an Anglo-Saxon trait to eat a heavy pie or pudding that is a meal in itself after a hearty dinner; and we alone of all people discourage the flow of gastric juices by generous servings of frozen ices and creams as a last course. The ideal dessert, especially for summer time, is one that is light, not too sweet, delicate and not too nutritious; a dainty for a gracious "farewell," not a substantial course.

Dishes that have gelatine as a basis, be they jellied soups, salads, entrees or desserts, have just these characteristics. They melt and run down your throat, they are chilled without being frozen, solid without being hard, and they furnish a little nutrition in the way of protein and sugars, supplemented by the whipped cream, or fruit or vegetable, fish or fowl that is added to them. Plain or with cream they make an ideal dessert for children, giving a sweet taste without an undue amount of sugar.

A Progressive Foodstuff

The chemist and the domestic scientist agreed that in no food product examined had there been more improvement than in the gelatines, especially the prepared products mixed with sugar and flavors and ready to use. And in this case price stays down, though quality and convenience increase and the price of sugar goes up. The 15-cent package of gelatine will make enough to serve five persons, with no addition save boiling water. So three cents a plate for the gelatine, the addition of fruit, fruit juice, a plain cold custard or a little cream, plain or whipped, still gives a dessert of quality for a very small expenditure of money, time and trouble.

The old-time sulphured, aniline dyed, artificially flavored gelatine would not dare to show its face among the gelatines of today. The products listed contain no sulphur at all, which is not only a good thing in itself but speaks well for the purity and quality of the raw materials used and the care in manufacture, for gelatine may be a first cousin to glue if carelessly made from low grades of the raw materials employed (bones, calves' feet, etc.). Wholesome natural flavors have taken the place of synthetic, artificial products, and harmless vegetable colors are used instead of the old, questionable, aniline dyes.

What's In It

The government standards demand that gelatine shall contain at least 15 per cent of nitrogen (84 per cent of protein) and not more than 2 per cent of mineral substances. But these are not "complete proteins." One could not live on gelatine exclusively, so that gelatine is a food adjunct rather than a food. Most of the food value of the prepared gelatines is due to the sugar, of which there is from 78 to 87 per cent. So we see that these products before making up are about four-fifths sugar (a valuable addition, just now, besides its convenience) and one-fifth protein, water and flavoring. All are greatly diluted as eaten.

The plain gelatine, unmixed, are over four-fifths protein (about 88 per cent), but all flavoring and sweetening must be added. They have their special uses for aspics, salads, soups, etc., when the flavorings and sugar are not desired.

The Cox's Instant Gelatine dissolved literally in two seconds and made, with a quart of boiling water, a gelatine of perfect consistency—in two hours' time. It is most de-

scribable as a foundation for fish loaves, jellied soups, etc.

The Knox Sparkling Gelatine was of about the same composition, but was soaked for five minutes in one-half cup of cold water and two cups of boiling water added. It jellied in three hours, was perfectly smooth and of good, clean taste, being unflavored, but was slightly too stiff—more could have been made, as it would have jellied at least three cups of water, and this was using only one of the two envelopes (one-half ounce each), sold for 23 cents—or jelly (unflavored and unsweetened) for fourteen persons at about 1.5 cents a portion.

How They "Jelled" and Tasted

The Jell-O made according to package directions completely dissolved in two seconds and jellied in two hours. The strawberry flavor was good, the color and texture fine. Every one knows that a rubbery gelatine is a gelatine gone wrong. It should quiver or it is not what a gelatine should be. And this was just right, with its 80 per cent of sugar and 16 per cent of protein.

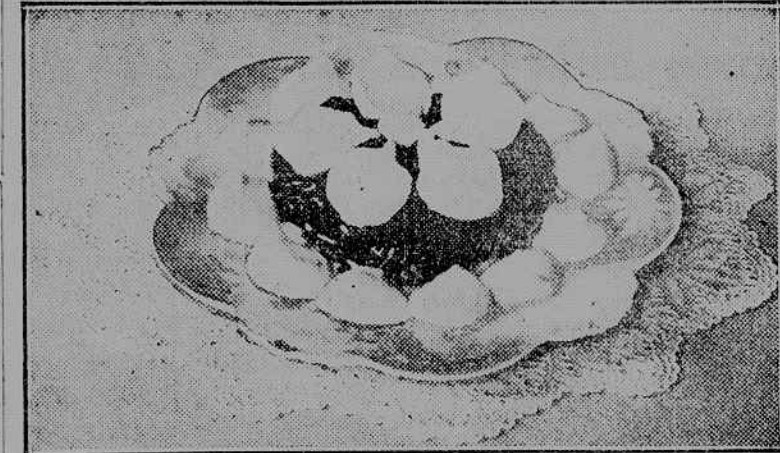
The Tryphosa contains more sugar and less gelatine than the others. The strawberry was pronounced sweeter to the taste, less acid (though there is just as much acidity in it) and it took three to four hours to "jell." It was, however, very delicate and was preferred by one of the testers to any other, showing how much this is a matter of taste. The orange flavor of this make was especially liked. It dissolved in one second without stirring, the color was light and delicate and the texture good.

Three Jiffy-Jells were chemically examined—lemon, orange and strawberry. The first two had 78 per cent of sugar and the strawberry 83, with about 16 per cent of protein. The orange jelly on test dissolved in one second without stirring and jellied in three hours in the icebox on a very warm, humid day. The two ounces found in the 15-cent package made enough jelly to serve five persons and gave a strongly flavored product of high color and excellent texture. The lemon and loganberry flavors were also tried and were well set in four hours. The loganberry was of especially delicious flavor and color, and again the 15-cent package would serve five persons.

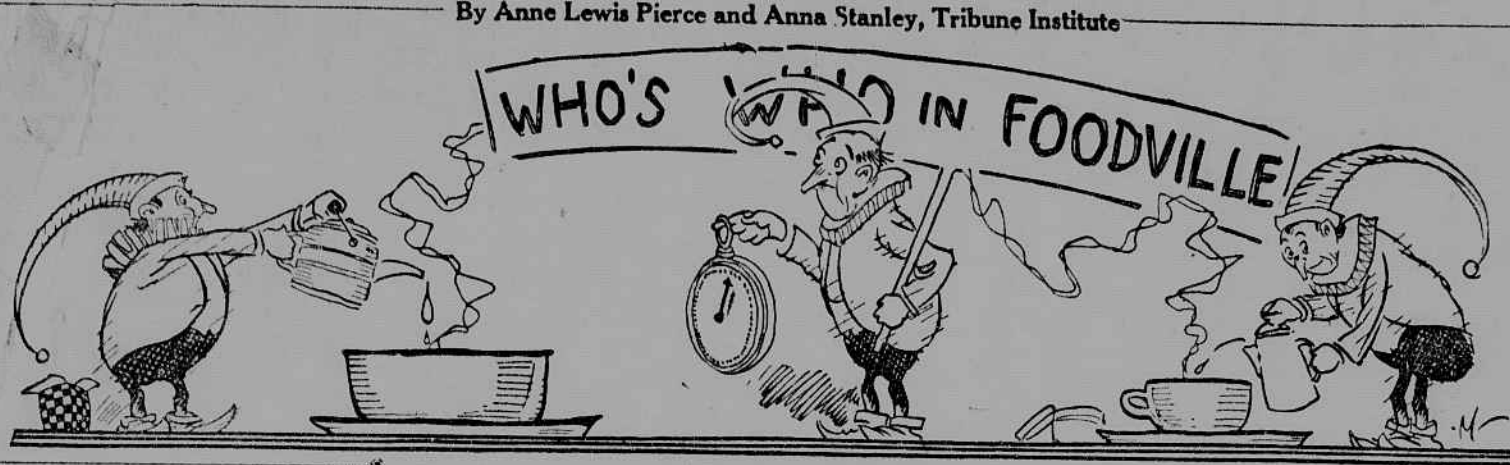
This product is wrapped uniquely and carefully, so that none can sift out. The condensed true fruit flavors in separate vials is another feature of the Jiffy Jells—and there are ten of them.

The Cook Has Her Say About Gelatines

SOUPS, salads or sweets can be made from gelatine while you are doing up the breakfast work, and you are sure that a delightful result, incurring little more



ELABORATE? No. It only looks so. Coffee or chocolate gelatine surrounded with little mounds of whipped cream and topped with a realistic apple blossom made of six bits of pulled marshmallow



Gelatines—Mixed and Straight

The Cox Gelatine Co., New York City.
Cox's Instant Powdered Gelatine.

The Genesee Pure Food Co., LeRoy, New York.
Strawberry Jell-O
Lemon Jell-O

Charles B. Knox Gelatine Company, Inc., Johnstown, New York.
Knox Plain Sparkling Gelatine No. 1.

Waukesha Pure Food Company, Waukesha, Wis.
Strawberry Jiffy Jell, Lemon Jiffy Jell, Orange Jiffy Jell.

The Plan of Work

THESE PRODUCTS HAVE BEEN SUBJECTED TO A CHEMICAL TEST AND SHOWN TO BE OF EXCELLENT QUALITY, ACCURATELY LABELED AND FREE FROM ADULTERATION. COOKING TESTS IN THE INSTITUTE LABORATORY HAVE BEEN MADE TO DETERMINE THEIR EDIBILITY AND ADAPTATION TO SPECIAL USES. THE RESULTS OBTAINED ARE REPORTED IN PART ON THIS PAGE, AND ANY FURTHER INFORMATION DESIRED MAY BE OBTAINED BY APPLICATION TO THE INSTITUTE.

ANNE LEWIS PIERCE,
Director Tribune Institute.

Two Soluble Coffees, and a Substitute

Blanke (C. F.), Tea and Coffee Company, St. Louis, Mo.
Faust Instant Coffee.

G. Washington Coffee Refining Company, New York City.

G. Washington's Prepared Coffee.
Kneipp Malt Food Company, Manitowoc, Wis.
Kneipp Malt, a Coffee Substitute.

E. C. Rich, New York
Rich's Strawberry Tryphosa,
Rich's Lemon Tryphosa.

When Is a Coffee Instantaneous?

THERE is all the difference in the world between a soluble, instantaneous coffee, a cereal substitute for coffee and coffee that has had the caffeine taken out of it. People often seem to be mightily confused by these various products, so perhaps it will be worth while to line them up and say just what is in them and what their special claims on the housekeeper's attention are.

The G. Washington and the Faust are two leading examples of the soluble coffee, whose most shining virtues are (1) its convenience, being immediately available anywhere, any time that you can get a cup of hot water; (2) purity, being simply coffee itself made soluble with no admixtures, or adulterants or cheap

fillers (such as chicory) present. These products are merely coffee in soluble form, nothing more nor less. (3) The original flavor has been retained to a remarkable degree, considering that the coffee has been practically "made" and reduced to a dry powder, and that it is always dependent on volatile, "fly-away" constituents for its flavor and aroma (especially the latter).

How Much?

About one-fifth to one-fourth of the coffee bean is extractives—flavoring constituents, fat, caffeine, etc., which can be extracted from the bean. And this is done in making soluble coffee, the vital constituents being reduced to a dry powder, so that when you add water in the correct proportions you have a real

coffee. It is not a substitute, and nothing is lost except certain volatile principles which escape in spite of all endeavor and so detract in varying degrees from aroma and flavor, especially the former.

For instance, roasted coffee itself has 1.2 per cent of caffeine, 10 to 14.5 per cent of fat and 10 to 11 per cent of caffeotannic acid. So when we find out that these soluble coffees have an average of 51 per cent of caffeotannic acid, 16 per cent of ash, 8.3 per cent of caffeine and 3 per cent of fat we know that they have been concentrated about three or four times, but that the fat has been largely eliminated in the process.

Any idea that these products are mixtures or adulterated in any way

is wrong. They are pure, soluble coffees, and keep all the characteristics of coffee that science can imprison in a convenient and soluble form. With good cream, the flavor was difficult to distinguish from a fresh made coffee, and certainly it was better than the average cup of coffee as made by the average cook.

All this has a bearing on the question of how much to use to the cup. Theoretically, if the coffee is concentrated three or four times, you would use one-third or one-fourth as much—and since six teaspoonsful to the cup is the rule for coffee, one and one-half to two teaspoonsful would be indicated for the soluble powder. And this proportion was better liked and we think will make the beverage more

popular than the one teaspoonful recommended on the labels.

These products are different from the decaffeinated coffees, which offer you the bean itself, from which the caffeine has practically all been extracted, leaving as far as possible the flavor without the stimulating principle. Soluble coffees retain the caffeine along with the other vital principles of the drink.

When Is a Coffee Not a Coffee?

When is a coffee not a coffee? "When it is a cereal," is the answer, given fairly and plainly on the label of the can.

Cereal substitutes for coffee have the same object as the caffeineless coffees, to offer a warm, coffee-flavored beverage for those who cannot take the caffeine of coffee without nervous disturbances and sleeplessness. Kneipp Malt is such a product. And analysis shows that it is 38 per cent soluble, and is made of barley flavored with an extract of the coffee leaf which leaves merely traces of caffeine, too slight even to be evaluated in the dry product and no more than is found in the caffeineless coffee.

The flavor is pleasant, and faintly coffee-like, but aroma is lacking. It is a wholesome substitute for those who cannot drink coffee itself, but can hardly be said to contain "a high degree of nourishment" as made and used.

The Time and the Place

Suppose you are right in the midst of making a pudding sauce, frosting or custard and you suddenly decide that coffee is the most desirable flavoring to be used. There is no left-over coffee from breakfast, and it seems rather an extravagance both of labor and materials to make such a small amount as is needed for this purpose. Here is where the instant coffee plays a real part in the culinary world. It is soluble in both hot and cold water, so there is no waiting even for the flavoring to cool. The delicious flavor of coffee will be more often utilized when instant coffee is at hand.

For cold drinks it is equally convenient, and when iced the aroma and flavor more nearly equal that of the freshly made beverage. It is strange that iced coffee is not more often used during the summer months. It is one of the most cooling and refreshing of drinks. In a



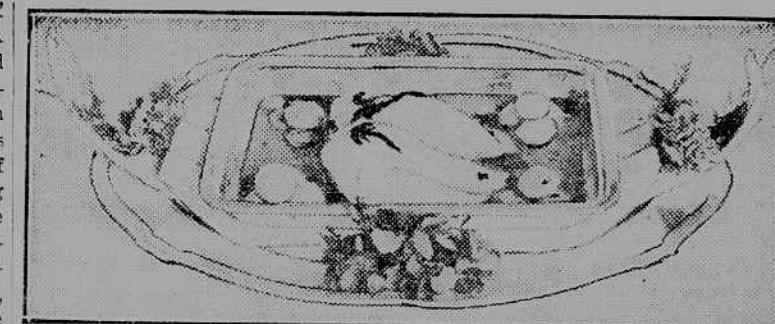
hotel breakfast room recently, when the heat plus humidity made all foods seem wilted and unpleasant, one person was seen enjoying iced coffee while all the other sufferers had their customary steaming hot cup as much as though the snow were falling outside. Why make a hot August day worse with this December beverage? Try it "instantaneous and iced" and you will soon be unable to resist the charm of tinkling, cold coffee for breakfast. Some food "ruts" are deep indeed!

For iced instant coffee it is advisable to make the beverage considerably stronger than when used hot, say three teaspoonsful (level) to the glass, as the ice dilutes it. Good rich cream is a great addition as always, and a topping of whipped cream may be used if one desires an especially elaborate drink.

When motoring or camping you will find the instant coffee a delight. There is no bothering with a coffee pot or strainer to have a clear cup of coffee in a few moments. This wayside inn beverage may be served from the little, compact can in a jiffy. Even the bachelor, male or female, who can only boil water need not worry about the art of coffee-making with this ever ready brew at hand.

That the flavor of coffee is so eagerly sought by all, and that coffee vies with the egg and surpasses it as the pièce de résistance of the American breakfast, that it is the beverage that one pursues from before breakfast until after dinner, speaks for itself. Great care is needed to make a superlative cup of coffee, and the soluble coffees offer convenience and availability with good average quality plus—indeed, we are tempted to go further than that on remembering "some coffees we have drunk!"

(Tested and endorsed in The Tribune Institute)



BREASTS of chicken in aspic with canned mushrooms and pyramids of mock eggs (which are tiny pearl onions pickled). The corsage bouquet is of watercress

mayonnaise. After dissolving one envelope of gelatine in one cup of hot water and allowing to cool, fold it into one cupful of whipped cream and add the seasoned crab mixture and two cupfuls of asparagus tips. A little lemon juice can be used if desired. Mold and chill. Serve with mayonnaise on hearts of lettuce. Almost any kind of fish can be used instead of the crab.

Vegetables and Soups Jellied
A simple but refreshing vegetable salad is made using one-fourth cupful of chopped stuffed olives, two cupfuls of shredded raw cabbage and one-half cupful of cooked carrots cut julienne style, together with one-half cupful of tomato juice. This

vegetable mixture is then combined with the gelatine, which has been dissolved in three and one-half cupfuls of boiling water. Mold, chill and serve with mayonnaise dressing.

As a last word in behalf of this "protein saver," let your soup be cold these summer days. And let it appear in the form of jellied consommé, tomato or chicken bouillon. Instead of dissolving the instant gelatine in hot water, use four cupfuls of soup stock (bouillon cubes are handy, or tomato juice). This is spoiled utterly if stiff and smooth. It should be highly seasoned and "just set," being stirred and broken before serving. This will not need to stand so long as the gelatine for other purposes—one or two hours.

Quinces in Jelly

A jellied quince dish will please you a little later. Mix two cupfuls of sugar with two of boiling water and add two large sized quinces which have been cut in thin slices. Put in a baking dish with a few little cinnamon candies and cover closely. Bake until the fruit is slightly pink in color. Place the fruit in a mold, dissolve one package (8 1/4 ounces) of the prepared lemon gelatine in the boiling hot syrup and allow to cool slightly. Pour over the fruit. Cool and mold. Serve with soft custard or cream.

An Old Standby

Suppose you have no fruit; the old standby, coffee jelly, can rise gracefully to the occasion. Add the instant gelatine to four cupfuls of strong, black coffee (your instant coffee can well meet the emergency), to which has been added one-half

For the Salad Course

A very pleasant, cooling dish for midsummer is a frozen fruit salad. Dissolve one envelope of the lemon jelly in one cupful of boiling water. Beat in when slightly cool one cupful of mayonnaise and one cupful of whipped cream. Then stir in two cups of mixed, fresh and candied fruits (pineapple, oranges, red cherries, strawberries, etc., may be used). Mold and serve on hearts of lettuce.

A Crab Mousse

A very nice crab mousse is made with the assistance of gelatine. Mix one can or two cups of fresh crab meat with two tablespoonsful of

An Aerial Clothes Dryer---Tested and Endorsed

AND when you get the clothes washed, what are you going to do with them if you have no "place in the sun" in which to hang them to dry? Or if you have the place the sun may not always shine on wash day. Here is where the Ceiling Clothes Dryer appears as the hero of the plot and rescues the heroine from a kitchen full of flapping wet clothes, or tubs full of the same, and a day's delay in the week's program. Everybody knows what a wet Monday does to the laundress' temper.

Sizes and Capacities

This dryer provides 40 feet of drying space, which may be lowered to a convenient height for hanging out the wash and raised to the ceiling, into the hottest air of the room and out of the way of the passerby, for drying.

At least that is what the 5-foot, single decked model tested in the Institute would do, and you can get a 7-foot size that will carry 70 feet of line and double deckers that provide 80 and 140 feet of drying space each. The cost is from \$7 to \$20, according to size and capacity.

Installation

The smallest model of all was tested, and it carried a weight of over 250 pounds, as installed in the

laboratory. And speaking of installation, this is a point to be reckoned with. The two 36-inch wooden cleats are each fastened to the ceiling with eight large round head wooden screws, if there are wooden laths. But with fireproof construction holes must be drilled for the 2.5-inch bolts needed. Four nuts fasten the frame together and

two screws attach the cord-winding hook. Any man and a screwdriver can effect the installation in the first case, and only a star drill is needed for a fireproof ceiling.

The frame is light (ten pounds when empty), the 31-inch end pieces being of steel, well galvanized to prevent rusting, and drilled with holes through which the line is

threaded. The two 5-foot side pieces are of grained oak and may be used to support the clothes, as well as the lines themselves. Wet clothes left on the dryer overnight showed no streaks or marks of any kind, and any woman knows what clean lines mean to the washerwoman.

Operation

There are three cleverly made

ball-bearing pulleys on each cleat, one on each end over which the suspending rope passes, and one in the center for the sash cord which raises and lowers the dryer. These operate very easily and drop the frame about 44 inches from its position three inches below the ceiling, so that in the case of the average 8.5 foot room it comes down to a con-

venient 5-foot height or less for hanging the clothes without the "reaching and stretching" usually necessary in the case of an orthodox clothes line, which must be high enough to keep the clothes from sagging in the dirt. A hook like that provided for awnings fastens the rope when the dryer is drawn up. When lowered there are knots in the cord which are used to hold it at the desired level.

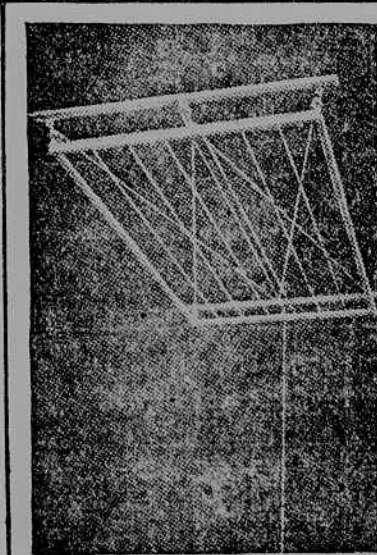
The domestic scientist calls attention to the fact that the width of the frame permits a single sheet to be hung without folding at all and a double sheet is folded only once.

While this device is almost a necessity for the apartment house dweller with only roof drying space, it is useful for all those "into whose life some rain may fall," and that makes it practically unanimous. Wherever you may dwell the ceiling clothes dryer is convenient, easy to handle, light, simple and strong, and clothes are protected from dust and dirt while drying.

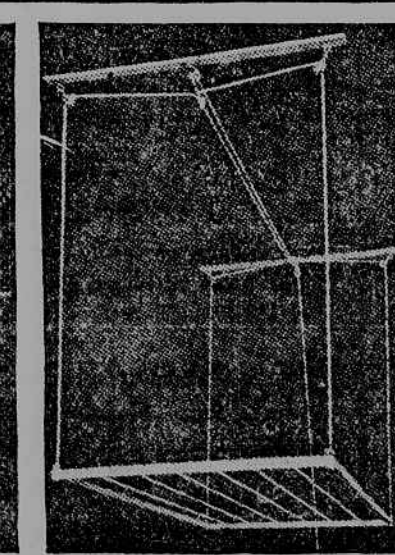
The Corbett Ceiling Clothes Dryer.

Made by The Corbett Ceiling Clothes Dryer, Inc., 921 Melrose Avenue, New York City.

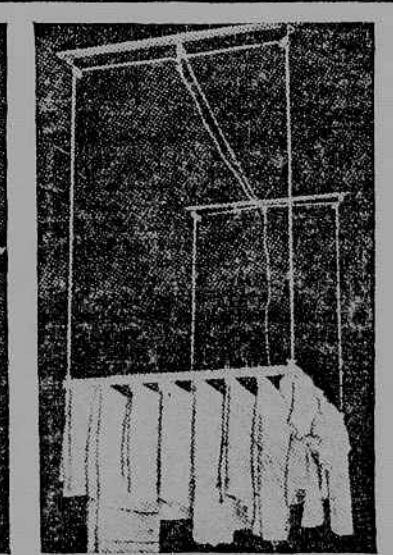
(Price and other details on application to The Tribune Institute.)



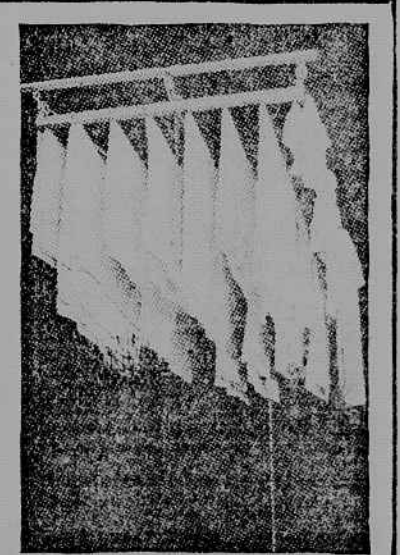
Not an aeroplane in flight, but a ceiling clothes dryer at rest



The dryer pulled down, ready for its load



The machine loaded and ready to ascend



Up near the ceiling, out of the way, at work



HUNGRY children like nothing better than bread spread thickly with Adolf Gobel's Liver Sausage. It is as healthful for them as it is good to eat. Keep a link to the icebox for lunches and lunch baskets or to serve with "cold cuts" at dinner.

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